

FEBRUARY 2015

FEBRUARY FEEDBACK

As we nestle in for the last surge of winter, the Council on Aging has some decisions to make about our senior center activities. We would welcome your input. We offer fitness programs weekly...Zumba, Tai Chi, Chair Yoga and tap dance. These programs continue to decline in membership even though we have had the generosity of the Trustees of the Home for Aged Men in the City of Brockton to help keep our fees very low. Card games, BINGO, movie day, and the lunch program have also seen a significant decline in participation. Our volunteer participation is also declining.

It's true that part of the problem can be that people are working longer and 75 years old is the new 65. As we continue to "reinvent the wheel" by adding new programs, I would appreciate any constructive feedback and ideas for programs. Maybe we could form a committee to work on new, exciting ideas for activities and identify people in the community to lead programs, teach new skills, or facilitate a discussion.

I hope to hear from you to discuss our future. We are here to serve you and to provide a place for you to be healthy and active. I look forward to working with you and making 2015 a wonderfully productive year.

Sincerely,

Jane Hanley, Director

THIS MONTH'S PROGRAMS:

LOW VISION/VISION IMPAIRED - Meet Richard Jamara, OD, FAAO at the Avon COA Feb. 10th @ 10:30 AM (Snow Date: Feb. 17th @ 10:30 AM)

Dr. Jamara specializes in the treatment of low vision. He works with patients on how to best maintain their existing vision and maximize the vision they still have. His area of expertise is in Elder Low Vision, Driving and Low Vision, Vision

Rehabilitation after a Stroke and Low Vision Evaluation for the Massachusetts Commission for the Blind. He is involved with research on the study and validation of low vision testing as well as the quality of life for the geriatric low vision patient.

BY APPOINTMENT...

Do you have questions about your prescription medications? Do you need home medication home delivery? Do you need medical equipment or adaptive devices? Mike Wilson, RPH, of Crawford Drug (and an Avon resident) will help you get the information and answers you need. Crawford Drug is a full-service family pharmacy. Call the Council on Aging to make an appointment with Mike. 508-559-0060.

HEART HEALTHY - "CHOOSE MY PLATE" WITH DONNA MARIE FORAND, OUTREACH AND EDUCATION SPECIALIST, OLD COLONY ELDER SERVICES

Join us for a Valentine's Day Luncheon on Thursday, February 12th at 12 Noon and learn about sodium and its effects on blood pressure and healthy food choices. Call to sign up for the Valentine's Day Luncheon & speaker today! 508-559-0060

TRIAD MEETING

Are you preparing for retirement? Have questions about Social Security? Don't miss this... THURSDAY, FEB. 26TH 12:30 P.M.

Delia De Mello, a Public Affairs Specialist from the Social Security Administration, will discuss the benefits and services provided by Social Security; how to qualify for benefits; how and when to apply for Social Security; Social Security online services, planning tools, and Medicare. Time will be set aside to answer questions.



Thursday, February 19, 2015

THE YEAR OF THE SHEEP

Chinese New Year is an important traditional Chinese holiday celebrated at the turn of the Chinese calendar. In China, it is also known as the **Spring Festival**, the literal translation of the modern Chinese name. Chinese New Year celebrations

traditionally run from Chinese New Year's Eve, the last day of the last month of the Chinese calendar, to the Lantern Festival on the 15th day of the first month, making the festival the longest in the Chinese calendar. Because the Chinese calendar is lunisolar, the Chinese New Year is often referred to as the "**Lunar New Year**". Join us for a New Year's Luncheon!

MOVIES...MOVIES...MOVIES

Wednesday, February 25th @ 12 Noon ...

Bring a brown bag lunch...Refreshments provided



Plot: The famous chef at a three-star French restaurant reluctantly begins mentoring an Indian boy whose family owns a rival establishment in the neighborhood. Starring: Helen Mirren, Om Puri, Juhi Chawla, Manish Dayal, Charlotte Le Bon

LUNCH - Join us at the COA Café Tuesdays & Thursdays at 12 NOON
Suggested donation is \$4.00... Special Holiday Luncheons: \$5.00 All meals come with a dessert

Tuesday, February 3	Homemade Macaroni & Cheese, Vegetable, Rolls & Butter
Thursday, February 5	Pizza and Greek Salad
Tuesday, February 10	Brunch - Blueberry Pancakes, Sausage and OJ
Thursday, February 12	Valentine's Day Heart Healthy Luncheon- Vegetable Lasagna, Tossed Salad, Whole Wheat Roll
Tuesday, February 17	Cold Cut Platters and Clam Chowder
Thursday, February 19	781-344-3535- Fried Rice, Chicken Wings
Tuesday, February 24	Turkey A La King over Whole Wheat Toast
Thursday, February 26	Beef Stew and Corn Bread



HAPPY BIRTHDAY

	FEBRUARY
11 th	Louis Pelaggi
12 th	Bernard Brown
14 th	Martin Tom
24 th	Sally Bonasera
25 th	Virginia Kindem

If you have questions about Fuel Assistance, please contact Louise Hardiman, Outreach Coordinator at 508-559-0060. Help is available for oil through Self Help Fuel Assistance, and for gas heating through Columbia Gas of Massachusetts.